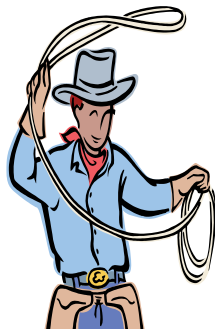


Norman Park Center

July/August 07



Rootin' Tootin' BBQ Lunch

Thursday, July 26th

12:00 pm

Pull on those boots, strap on those spurs and mosey on down to Norman Park. The Chula Vista Senior Club is cookin' up a "wild west" bbq beef sandwich, beans, slaw, and dessert just for you!

Cost: \$4.00 Members \$5.00 Non-Members

Laguna Art Festival

Wednesday, Aug. 1st - Thursday, Aug. 2nd

The C.V. Senior Club is offering a 2 day trip to the Laguna Art Festival. This year the Art Festival is celebrating it's 75th anniversary with a theme of "Young at Heart". The Trip includes Laguna Pageant admission, loge seating, Tivoli Terrace dinner, French country style rooms at Ayres Suites, Breakfast Buffet, Rogers Gardens, Balboa Pavilion Lunch and New Port Harbor Cruise. \$316.00 per person Double or \$399.00 Single. \$100.00 deposit required.

Call 476-5356 for information.

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Alzheimer's Disease

"Beginning to Cope"

Friday, Aug. 3rd

10:00 am - 12:00 pm

Alzheimer's is a disease that attacks the brain and is the most common form of dementia. A speaker from the Alzheimer's Association will help you understand this disease with accurate and valuable information. To register, please call (858) 492-4400.

Luau

Thursday, Aug. 9th

1:00 pm

Join the C.V. Senior Club for an afternoon of "tropical" entertainment and refreshment.

\$1.00 Members Plus finger food to share

\$2.00 Non-members Plus finger food to share





Special Notices



www.LifeOptionsSouthBay.com



*Directions & Connections for
People Over 50*

Visit Life Options Annex at
Norman Park Center
270 F St., Chula Vista
(619)691-9774
Mon, Tue & Thu
9 am-3 pm

A place to find information and
opportunities for those over 50
looking for an active and
rewarding retirement.

- Education & Learning
- Civic Engagement
- Second Career Training
- Health & Fitness
- Recreation & Travel
- Employment Opportunities

Successful Aging and You: Live Long, Live Well

These programs will be held at the Chula Vista Civic Center Library,
365 F Street, in Chula Vista. Advance registration is advised.

For further information call:
Life Options South Bay, (619) 691-9774.

"Group Dynamics in Travel 101"

Saturday, July 14th 10:30 am

While travel is generally thought to be glamorous and carefree, there's a lot of effort and energy expended into group tours. Travel authority, Dale Ambler with 34 years experience leading groups world-wide has a wealth of experience about what it takes to plan, develop, and operate tours in the wonderful world of travel. Join us for this fun and informative program. Refreshments will be served.

Volunteer Meeting

Monday, July 2nd & Aug. 6th 10:00 am

Come and take this great opportunity to meet with other volunteers from the Norman Park Senior Center. This is an informative meeting, as well as, a fun social gathering. Refreshments will be served!

Closure Schedule

Norman Park will be closed...

**Wed., July 4th for
Independence Day**

&

**Mon., Aug. 20th - Mon., Sept. 3
For annual center maintenance.**

Senior Center Tour and Orientation

Thursday, July 5th & Aug. 2nd 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Classic Film Series

Wed. July 4th NO FILM - 4th of July Holiday

Wed. August 1st 1:00 pm - Kipling's classic poem becomes an outstanding film, filled with adventure and comedy. Cary Grant, Douglas Fairbanks and Victor McLaglen star, as the British Army in India battle an uprising led by a religious zealot.

CRIBBAGE PLAYERS NEEDED!

**Call the Center if you are interested
(619) 691-5086**

PINOCHLE PLAYERS NEEDED!

**Call Stewart Robinson
(619) 426-3937**





Special Notices



FUN TO BE FIT

Earn a free T-Shirt!

Pick up your Fun to Be Fit card at the Norman Park Center office, and a list of classes that qualify for a stamp. Once you've attended 50 Classes, you will be eligible to receive a free, Fun to Be Fit T-Shirt. Bring your completed card to the office!

MEN'S GROUP & LUNCH

Tuesday, July 10th 12:15 pm
Tuesday, Aug. 14th 12:15 pm

The Men's Group in July & August will discuss men's health and social issues. This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson.



Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician and lunch are provided through a grant from Scripps Health.



Introduction to Computers

Friday, July 20th
10-12:00pm

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free!

Pre-registration is required. This class is designed for persons with NO computer skills/experience.

Call 691-5086

THANK YOU

A special thank you to all the groups and individuals who made donations to Norman Park this past year.

We were able to purchase patio tables & umbrellas, fitness center equipment and provide lunch for our Older Americans Month event.

Your generosity is greatly appreciated!!

Receive the Newsletter at Home **By Mail:** \$7.00 per year.

Please make your check out to the City of Chula Vista.

By Internet: Life Options Web Site—

www.lifeoptionssouthbay.com

OUT 2 LUNCH BUNCH

Wednesday, July 11th & Aug. 8th

1:15 pm



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On July 11th the group will meet at The Galley and on Aug 8th the group will enjoy lunch at El Torrito on E Street in Chula Vista.

Please call Shani at 691-5086 to register.

BILLIARDS TOURNAMENT

12:00 pm

Thursday, July 26th

Thursday, Aug. 16th

The sign up sheet is in the Pool Room.



Christmas in October

July - August By Appointment Only

Christmas in October is a Volunteer Program that provides home improvement repairs at no cost or obligations to low-income home owners within Chula Vista. To qualify, your household income must not exceed \$39,300 for one person or 60,650 for 5 people. Applications must be received by August 25th at the Chula Vista Fire Department and can be picked up at Norman Park.



Chula Vista Yacht Club's 19th Annual Golden Run Regatta

Saturday, July 14th 10:45 am

All active Golden Seniors (55+) are invited to enjoy a FREE two-hour cruise on San Diego bay which also includes an after party with refreshments. The yachts will depart from Chula Vista's Marina Parkway Pier at 10:45 am sharp!

Pre-registration & Signed liability waiver are mandatory for this event. Stop by Norman Park's main office to register and pick-up a liability waiver that must be signed/turned in personally at the marina prior to boarding on the morning of the event. Advanced registration required.



Health & Safety



Anna's Wellness Column

"I tell you and you forget. I show you and you remember. I involve you and you understand." - Eric Butterworth

As we age, one of the ways we change is the way our brain works. It takes longer to recall stored information and longer to process new information. We may seem to be more forgetful.

Previously, Alzheimer's disease and dementia were considered an inevitable consequence of aging. According to researcher Martha Clare Morris of the Rush Institute for Healthy Aging in Chicago, "In the last 10-15 years, Alzheimer's disease has started to look more like heart disease, but heart disease research is 30 years ahead."

Although many more years of brain research are needed to fully understand the aging brain, we can be proactive in keeping our brains fit. Listed below are 10 tips to help keep your brain in shape, which even if they don't help your brain, should lower your risk of heart disease, stroke, diabetes, cancer or other illness. They came from an article called "Staying Sharp" in the June 2007 edition of Nutrition Action Health Letter.

1. Shoot for 2 or 3 servings of fatty fish each week – get weekly omega-3s from 5 oz. fatty fish (salmon) or 30 oz. of leaner fish (cod, haddock, or tuna)
2. Limit bad fats (saturated and trans fats)
3. Eat leafy vegetables (kale, iceberg and romaine lettuce, raw or cooked spinach)
4. Look for vitamin-E-rich foods (leafy greens, vegetable oils, nuts, whole grains)
5. Keep your blood sugar down (fasting sugar should be below 100)
6. Lose excess waist
7. Get moving
8. Keep a lid on blood pressure
9. Use your head (be intellectually active)
10. Don't ignore depression (get help)

Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- July, August, September

\$28 Residents

\$56 Non-residents

For Fitness Center hours and orientation times see page 12.



Scripps Health Talks

****Supported by a grant from Scripps Health****
Refreshments Served Please Register in Advance.

Staying Healthy - Women's Health Mon., July 9th 10:00am

When it comes to long-term health and well-being, the lifestyle choices you make every day are vitally important. Stay informed about the best ways to prevent injury and illness. Learn to identify common health concerns for women, risk factors and steps you can take to prevent or reduce the incidence of many medical conditions.

Diabetes Diet and Nutrition Mon., Aug. 13th 10:00 am

Diabetes and heart disease are unfortunately, closely linked. Most diabetics have high blood pressure and high cholesterol, two of the main risk factors for heart disease. By managing blood glucose levels, monitoring high blood pressure, and working to keep LDL cholesterol levels down, diabetics can reduce risk. A healthy diet is a crucial component to preventing, controlling, and healing diabetes.





Group	Day	Time
Exercise (Strength Training)	W	6:00 pm
Quilting	Tu	1:30 pm
Scrabble	M, W, F	12:30 pm
Shuffleboard	Tu & Th	9:00 am
Singing Seniors	Tu	1:30 pm
Spanish	W, F	9:45 am
Spanish, Conv.	M,W,F	10:00 am
TOPS	F	12:00 pm
Ukulele Class	T	10:00 am
World Affairs	M	10:00 am
Yoga (Chair)	W	7:15 pm
Yoga	Th*	5:00 pm
Yoga	Th*	7:15 pm
Yoga	F	8:00 am

- | | | |
|----------------|-----|----------------------------------|
| Line Dance | Tue | \$3/\$3.75 resident/non resident |
| Night Dance | Tue | \$4 for all |
| Square Dance | Fri | \$5 for all |
| Strength Tr. | Wed | \$1/\$1.25 |
| Ballroom Dance | Mon | \$2/\$2.50 |

- Exercise Sa (Marina) 8:00 am
(Longevity Stick)

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	July 18 & 20 Aug. 15 & 17	W & F	12:30 pm	\$10.00	(619)641-7020

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 10:00 Volunteer Meeting Rm 11	3	4 Happy 4th of July! Center Closed	5 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & Meeting 7:00 Antiques/Collectables 7:00 Coin Club Rm 9, 10 7:00 SOBARS Rm 11	6 1:00 CV Senior Club Movie Time Rm 9	7
8	9 10:00 Health "Women's Health" Talk Rm 11	10 12:00 Men's Group Lunch Rm 7 3:00 Talent Show Fireplace	11 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission On Aging	12 10:00 CV Senior Club Bingo Rm 9, 10, 11	13 11:00 American Korean Group Rm 9, 10	14 10:30am Life Options: @ Civic Library "Group Dynamics in Travel 101"
15	16 7:00 pm Bahia Sur Kennel Club	17 12:30 La Ronda Rm 10, 11 1:30 Sing-a-Long Fireplace	18 12:30 AARP Driver Safety Program Rm 10	19 8:30 Vision Impaired Conf.Rm 1:00 Mary's Bridge Rm 6	20 9:30 Sr. Club Board Mtg. 10:00 Intro to Computers SeniorNet Lab 12:30 AARP Driver Safety Program Rm 10	21 10:45 Golden Run Regatta @ CV Marina
22	23	24 2:00 Investment Group Rm 10 6:15 Flex Volunteer Program Orientation	25 12:00 CV Art Guild Rm 9, 10, 11	26 12:00 CV Senior Club Rootin' Tootin' BBQ Rm 9-11 12:00 Billiards Tournament Game Room	27 12:00 Club Amistad Board Mtg. Rm 9	28
29	30	31				

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1 1:00 Classic Film Series Rm 11	2 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	3 10:00 Alzheimer's Talk "Beginning to Cope" Rm 10 1:00 CV Senior Club Movie Time Rm 9	4
5	6 No Exercise 10:00 Volunteer Meeting Rm 11	7	8 No Exercise 12:00 Club Amistad 1:15 Out to Lunch Bunch	9 10:00 CV Senior Club Luau Cornell Hall	10 No Yoga 11:00 American/Korean Group Rm 9,10	11
12	13 No Exercise 10:00 Health Talk "Diabetes Diet and Nutrition" Rm 11	14 12:15 Men's Group Lunch 12:30 La Ronda Rm 10-11 3:00 Sing-a-Long Fireplace	15 No Exercise 12:30 AARP Driver Safety Program Rm 10	16 1:00 CV Senior Club Birthday Party Rm 9-11	17 No Yoga 9:30 Sr. Club Board Mtg. 10:00 Intro to Computers SeniorNet Lab 12:30 AARP Driver Safety Program Rm 10	18 10:30am Life Options: @ Civic Library""
19	20 CENTER CLOSED	21 CENTER CLOSED	22 CENTER CLOSED	23 CENTER CLOSED	24 CENTER CLOSED	25
26	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED	CENTER CLOSED	Page 7



Around Town Classes



Salt Creek Rec. Center

2710 Otag Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

Veterans Park Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Meringue dancing, Yoga and Art classes offered. Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility

Tues./Thurs., 2:00 pm -2:30 pm Free.

Enjoy this fun class that's good for you too!

Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

Loma Verde Family

Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

Town Center Manor

Exercise:

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Cooking/Nutrition

Tuesday 11:00 am

English as a Second Language

M 1:00 pm

Exercise Class

M W F 10:30 am

Computer Class

Tuesdays 2pm

Kiku Gardens

1260 3rd Avenue 422-4951

English as a Second Language (ESL)

Mon, 2:30 pm

Abacus & Brain Development.

Thurs. 2:00 pm

Southwestern College Continuing Education

Class held at: Veterans Home 700

E. Naples (619)482-6376

Tai Chi (No Fee) Sat. 9am-Noon

July 7th-Aug 9th



Special Notice

Need Help Filling Out Your Homeowner or Renters Rebate Form?

Let our volunteers help you save money. You qualify if you are 62 years old and/or blind or disabled, and your household income is \$40,811 or less for one person, or \$74,200 for two persons. Volunteers are available to assist you. July 2nd-Oct. 16th. You may call the Norman Park Center for an appointment.



Volunteer/Job/Stipend Opportunities

Life Options: Everyone is a Winner!

Have you recently retired or about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay.

"SNAP" School Nutrition Advocacy Program

Do you have a flair for nutrition or a desire to nurture or mold children? The students at various elementary schools in Chula Vista need your guidance. Come eat lunch with the children and encourage them to eat their fruits and vegetables. Time commitment is only 1- 1/2 hours per week. Call Kathy Shellhammer at 409-9413 or Life Options at 691-9774.

Chula Vista Senior Patrol

If you are at least 50 years of age, the Chula Vista Police Dept. invites you to participate as a member of the Chula Vista Senior Volunteer Patrol. You will have the opportunity to assist the police dept. reduce crime and enhance the quality of life in Chula Vista by: Enforcing handicapped parking regulations...Conducting vacation home security checks....Providing fingerprinting for children...visiting homebound seniors....and performing many additional duties... You will patrol with a partner and must participate in one six hour shift per week. Contact information: CVSVP 315 4th Ave. Rm.N140 Chula Vista, CA 91910 or call 619 476-2417.



For more information contact the Life Options Annex at: 619-691-9774 or visit our website at www.lifeoptionssouthbay.com.

Computer Corner

SeniorNet Computer Classes

SeniorNet Membership: \$40/yr (check required)
Class Fee: (all 4 week classes)
\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Monday, Sept. 10,17,24 Oct. 1 9:00 am-Noon

Thursday, Sept. 6,13,20,27 9:00 am-Noon

Tues. Oct. 9,16,23,30 9:00 am-Noon

This series of courses starts with the basics.

Digital Photos and Stuff:

Thursdays, Sept. 6,13,20,27 1 - 4 pm

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.



Club News

Chula Vista Senior Citizens Club 2007 Officers

President: Beverly Roush
1st Vice President: Vera Wuestenburg
2nd Vice President: Vera Wuestenberg
Secretary: Bonita Price
Treasurer: Rosemary Haas

Chula Vista Senior Citizens Club

Potluck & General Meeting

Thursday, July 5th 12:00 pm

Thursday, Aug. 2nd 12:00 pm

Please bring a potluck dish to share with 6 to 8 people. Afterwards, stay and participate in the Club General Meeting.

Oxford Senior Citizens Club

Boys & Girls Club/Lauderbach Ctr.

333 Oxford St. Chula Vista

407-4774

Board Meeting - July 6th & Aug. 3rd

Bingo - July 13th & Aug. 10th

Potluck - July 20th & Aug. 17th

Birthday Party - July 27th & Aug. 24th

Bingo

Thurs., July 12th 10:00 am

The Chula Vista Senior Club is hosting a morning of bingo and refreshments. Join the fun, prizes will be given to bingo winners! Cost: \$1.00

Movie

Fri., July 6th 1:00 pm

A chronicle of Al Gore's worldwide campaign to raise awareness about global warming.

Free Popcorn!

Birthday Party

Thursday, Aug. 16th 1:00 pm

Cake and Ice Cream will be served, July & Aug. birthday folks are free, all others pay \$1.00



Tuesday Night Dance

Tuesdays 6:30 pm

Join this great group every Tuesday Night in July & Aug., for music and dancing!

NEW FEE ** \$4 at the door NEW FEE**

July 3rd	"Independence Day"
July 10th	"Panic???"
July 17th	"Country Western"
July 24th	"Band Recognition"
July 31st	"Formal Nite"
Aug. 7th	"Hawaiian Theme"
Aug. 14th	"Roaring Twenties"
Aug. 21st	NO DANCE
Aug. 28th	NO DANCE

Join Us For A Trip!

Please stop by the Trip Office and get acquainted. Find that Day Trip or a longer one just for you. Join our seniors as they travel.

Trip Office Hours

Monday	10:00 am - 2:00 pm
Thursday	1:00 pm - 4:00 pm
Phone: (619) 476-5356	

"Patriotic Broadway"	Thurs., July 12th	\$96.00
Impressionist Giverny: A Colony Artist	Thurs., July 24th	\$59.00
"Oklahoma"	Sat., July 28th	\$96.00
The Dead Sea Scrolls	Wed., Aug. 22	\$80.00





Special Notices



Volunteer Spotlight Marlene Whittaker

Marlene was born in 1933 in New York City's Harlem Community. She came to San Diego in 1989 to be near her mother and only sister.

Marlene retired in 1988 from The City College of the City University of New York. After working there for 27 years, her final position was as a Student Financial Aid Counselor. While working, she earned a B.A. in Sociology and an M.S. in Adult and Community Education by attending evening classes.

She has enjoyed volunteer stints at The Museum of Photographic Arts; Paradise Valley Hospital; instructing AARP 55 Alive courses; the C.V. Nature Center and now as a receptionist here at Norman Park. She has also had several articles with photos published in "The Voice and Viewpoint" newspapers.

Her hobbies include writing, singing, photography, reading, attending theater, movies, dance and music (especially Jazz Vocals). She rides her bike, goes for walks with her dog, a Toy Fox Terrier named "Macho"; and also enjoys horseback riding.

Marlene has a son, granddaughter, and great-granddaughter living in New York.

We at Norman Park feel Marlene is a energetic volunteer who offers great insight, suggestions, and an awesome sense of humor! Say "Hello" to her at the Reception Desk where she volunteers on Friday afternoons!

Count the Flags Contest Winners!

The May/June Newsletter was filled with 13 Flags. Congratulations to the winners:

**Jean Baumgartner
Florence Cooper
Helen Martinez**



Norman Park is a "Cool Zone" this summer!

Hot weather can sneak up on you. Several hot days in a row can sap your energy. As you get older, your body is not as efficient in letting you know that you've had too much heat. Your body's ability to cool itself off with sweat decreases. If your body can't cool down, it overheats like a pressure cooker.

Because of the danger that heat can bring to older adults, Supervisor Dianne Jacob created Cool Zones. These are designated sites where people can come to cool off during the hottest hours of the day. The program, which started in 2001, also includes electric fans for homebound, low-income seniors, plus printed tips about staying cool. Aging & Independence Services and SDG&E also provide bus passes to low-income seniors in ZIP codes where temperatures are high, so that the older adults can get to a Cool Zone if they don't have a car.

To locate other Cool Zones call (800) 510-2020

Remove Yourself From Telemarketing Lists

Send a postcard stating that you would like your name to be removed from telemarketing lists that are being sold. Your name and address remains in the DMA's consumer exclusion files for five years. Your will continue to receive grocery advertisements.

DMA Mail Preference Service
P.O. Box 643
Carmel, NY 10512

DMA Telephone Preference Service
P.O. Box 1559
Carmel, NY 10512

Count the Hula Girls Contest

Three winners will be drawn randomly
From those with correct answers.

Count the Hula Girls Contest

Name:

Phone:

Number of Hula Girls :



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril	Frank Martinez
Michele Schlanbush	Vanessa Miranda
Jim Craig	Danette Myers
Shani Crawley	Donna Rodriguez
Millie Day	Yadira Sanchez
Pedro Garcia	Anna Solis
Adolfo Herrera	Christopher Taylor
Kristin Johnson	

Phone Numbers

Receptionist: 691-5086
Hostess Desk: 691-5023
Trip Office: 476-5356
Information & Referral 691-5087

New Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W 8:00 am– 10:00 pm

Thursday 8:00 am– 9:30 pm

Friday 8:00 am-4:00 pm

Trip Office

Monday 10:00 am– 2:00 pm

Thursday 1:00 pm - 4:00 pm

Fitness Center Hours

Mon., Wed., Fri. 9:00 am - 12:30 pm

Tues., Thurs., 8:00 am - 11:30 pm

5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Evening and Saturday hours supported by a grant from Scripps Health.

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910